

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

NOVEMBER 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Happy Thanksgiving! As usual it is busy around here during the month of November.....

Join me in welcoming Carole Quarrington, our new front receptionist here at the Ellington Senior Center. Carole will be here on Monday and Tuesday afternoons. We are pleased to have her on board. Stop by and introduce yourself.

Don't forget to visit our Holiday Bazaar on Saturday, November 7, 2009 from 9am – 2pm here at the Senior Center. You will see many new creations/surprises this year that our Sew and So crafters have been busily making throughout this past year. Sign-up for our annual Thanksgiving Dinner is under way. As in past years, we are grateful to all the volunteers who help with this feast!

Our next Volunteers Meeting is set for Thursday, November 12, 2009 at 3:00 pm. All volunteers are welcome/encouraged to attend.

Last but not least, please make sure you receive:

- A revised copy of our Rules and Regulations for our Transportation Services
- 2010 waivers to be filled out and returned to the Senior Center

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS:**

A monthly news tidbit....

I recently attended the annual TRIAD conference and want to share some of the information given by Angela DeLeon, TRIAD statewide coordinator.

--**SCAMS** - Senior citizens are the “age group of choice” for con artist or family members who are in tough economic situations. You need to protect your “nest egg” for unplanned financial needs (dental work/ eye care/services not covered by Medicare or insurance; household expenses; burial cost). **Do not ever give out your Social Security number, date of birth, Medicare number or personal information over the phone.** Angela stated the new slogan is “IT’S SHREWD TO BE RUDE” and ok to hang up on unwanted phone calls.

And it’s ok to say no to family who ask to borrow money!

--latest scam around is “grandchild in need—please send money”. This is when you get a telephone call from someone who identifies themselves as police or hospital worker out of state or in Canada. The caller states your college age grandchild was arrested for a minor infraction or was in a car accident but is not seriously hurt. The caller tells you to send money to pay for bail or medical cost. Then they have you talk to your “grandchild” this person’s voice is hurried and the phone quality is scratchy so you can’t really discern if it is your grandchild or not. This “grandchild” begs you to send money right away and will often add “please don’t tell my mom & dad until I get home”.

Please don’t send any money—please call your adult son or daughter to tell them about this situation. Con artist “chat” with your grandchildren on websites like Face book or My Space. Con artist fake being a teenager & know how to trick your grandchild into giving out personal family details that can lead to your being exploited! It could be a good idea to have a “family chat” around the holiday table with your family to let your grandchildren know the importance of not giving out personal family details.

--some folks have been getting scam calls by persons claiming to be from the electric or oil company. They want your credit card number or your Social Security number for “the computer files”—**DO NOT give out this information.** Instead take the caller’s name & number and then call your electric or oil company to find out if this call is legitimate, and what the billing problem might be about.

EVERYONE IS STRONGLY ENCOURAGED TO SHRED YOUR JUNK MAIL: *Get rid of your name, address, or special offer ID number on the mail.*

NOVEMBER IS EPILEPSY AWARENESS MONTH - for more information about epilepsy contact the Epilepsy Foundation of CT at 1-800-899-3745.

“DO NOT CALL” for cell phones - call the National Do Not Call program at 1-888-382-1222 to block your cell phone from telemarketing calls.

TRIAD SPONSORED PROGRAM:

EMERGENCY PREPAREDNESS For Your Pets: Thursday Nov. 5th at 2pm at the Ellington Senior Center with Dr. Arnold Goldman/DMV MS. Please join us for an insightful program on disaster preparedness planning for your pets. Call 870-3131 to RSVP your attendance by Nov. 3rd. Refreshments served.

Ellington Senior Center
Transportation Department

We are experiencing mechanical difficulties with our Senior Center van. Therefore, you will note that some of the “special” excursions such as bowling, museums, and mall trips have been postponed until further notice. Because of this change, Novembers “Out to Lunch” has been rescheduled to Casey’s Restaurant.

Our van will continue to be available for all of our EMAT requests and activities/programs that are held locally. Please remember that you may contact Hockanum Valley Transit for transportation requests within the Tri Town area if we are unable to provide it for you. Hockanum Valley phone number is 870-7190.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT’s) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

Please note: EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.***

ELLINGTON SENIOR CENTER NEWS

Veterans' Day 2009 – The Ellington High School will hold its annual Veterans' Day Ceremony on Tuesday, November 10, 2009. The program starts at 8:10 a.m. followed by a breakfast in the cafeteria. All Veterans are welcome. Please call the Ellington High School Office at 896-2352 by November 2nd if you are planning on attending.

The Ellington Senior Center would like to honor and extend our heartfelt wishes of appreciation to all Veterans who have given not only of themselves, but years of their life, in honor of this great country we live in. Thank you for all the sacrifices you made.

BALLROOM & POLKA SOCIAL – Ballroom is taught on Fridays at (1:00 pm) and Polka follows at (2:30 pm). Come join Amelia and Adam!

BIENVENUE CLUB: A group of people of French Canadian descents who have an interest in gathering with other French speaking folks for some socializing and fun. *Everyone is welcome even if you do not "Parlez-vous francais"!* **Note:** The November Meeting has been cancelled.

BETTER AGE CLUB – Held the 2nd and 4th Thursdays of the month at (1pm).

November 12, 2009 Business Meeting: Fall & Holiday Decorating with Colleen Pyne

November 26, 2009 No Meeting: Thanksgiving Day

BOCCE BALL: Bocce Ball has concluded for this season. We had a great group who met every Tuesday morning at Snipsic Village here in Ellington. *The Ellington Senior Center would like to extend a sincere thank you to Libby McCarthy who headed up our Bocce Ball group this year!*

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta

Canasta – "King's Row": Join Barbara Donohue and friends Thursday's at 1:00 p.m.

Dominos: First Tuesday of the month at 1:00 p.m.; Come join the fun!

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00 p.m.

MahJongg: Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.

Pinochle: Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, November 4, 2009.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – A note from Maureen Webber: This year the Ellington Singers started their singing year off by performing as one of the acts in the “2009 Variety Revue Show” which was held on Sunday, October 4, 2009 at the Ellington High School. This was a fund raiser for the Ellington Senior Center. The Ellington Singers were an intricate part of its success. The Ellington Singers meet Wednesdays at 10:15 a.m. in the main room. Dues are \$30.00 per year to join. If you have a love for singing, please come join us.

GARDEN THYME – Garden Thyme concluded their season the last week of October. The Senior Center had beautiful flowers and vegetables that were cared for by the gentle hands of our Garden Thyme volunteers. Our Master Gardner, Nancy Long, is graciously stepping aside to spend more time doing what she enjoys most. *We would like to thank Nancy for starting our Garden Thyme Club up for us and for all her years of dedicated service. A beautiful job!*

HOLIDAY BAZAAR – Come down to the Ellington Senior Center on Saturday, November 7, 2009. From 9am – 2pm., we are hosting a “Holiday Bazaar” full of beautiful craft items to be available for this holiday season. There will be hand knit items such as scarves and mittens, handmade quilts to be available via a silent auction, and so many other craft items we are sure you will love. Save room for the homemade cakes, pies, and fudge that will be for sale. A perfect way to start your holiday off!!!

MEMORIES & CREATIVE WRITING – This group meets monthly every 3rd Thursday from 1:00pm – 2:30 pm at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. This is a highly motivated and dedicated group. Come and join us! You will be astounded! Next meeting date is Wednesday, November 18, 2009 (1pm).

MUSICAL INSIGHTS - Musical Insights is held the 2nd and 4th Monday evenings of the month at (6:00 p.m.) in the main room of the Ellington Senior Center. The November meeting schedule is as follows:

November 9, 2009 Honors its Veterans in a program emphasizing their ceremonies appropriate to their service organizations; Plus oral recitations and music relevant to this subject. Sign-up is requested.

November 23, 2009 An interesting interpretation to Amazing Grace. Video form plus comments.

All are welcome to these programs, with no charge. Come! Bring a friend!

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 p.m. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

November – Casey’s Restaurant, Ellington, CT - 11/10/09

December – Olive Garden, Enfield, CT – 12/8/09

PROGRAMS: All programs require a sign-up. Call the Senior Center at 870-3133.

Flu Clinic: To be held Tuesday, November 3, 2009 at the Ellington Middle School from (9:00am-11:30am). Registration deadline was October 29, 2009.

Emergency Preparedness for Your Pets: November 5, 2009 (2pm). Presentation by Dr. Arnold Goldman, DVM MS.

How’s Your Balance? – Monday, November 16, 2009. (2pm). Presentation by the VNA Health Care. Please register by November 9, 2009.

Carmon Ladd Turnkington – Tuesday, November 17, 2009 (2pm). An informal presentation. Entertainment and an ice cream social to follow. Register for this program by Tuesday, November 10, 2009.

APDA Parkinson’s Support Group – will meet on Friday, November 20, 2009 (10am – 12:00 pm). Please register by Friday, November 13, 2009.

NCAA – Medicare D Program – Tuesday, November 24, 2009 (9am – 1pm). Presentation by Lindsey Quillen of Choices Program.

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 a.m. in the main room of the Senior Center. Our Sew and So crafters continued to come together creating beautiful crafts for The Ellington Senior Center's Holiday Bazaar to be held on Saturday, November 7, 2009. Van service is available.

The crafts created for the "Holiday Bazaar" are beautiful! Our compliments to each of you for the wonderful job you have done and continue to do! With Appreciation!

SHUFFLEBOARD – Every Wednesday at 2:00 p.m. Shuffleboard is played in the main room of the Senior Center. Van service is available.

TRIPS:

Our trip coordinators, Dot Enes and Carolyn Cook have planned the following trips for the Ellington Senior Center!

SAVE THIS DATE..... The Ellington Senior Center proudly presents the return of our annual *Tropicana Atlantic City's Showtime Special Tour!!!* This popular trip is scheduled for January 19 – 21st, 2010. This trip includes \$20.00 cash bonus, two meals (breakfast & dinner) and \$20 towards a casino show. Bus will depart from the Ellington Town Hall parking lot at 7:00 a.m. January 19th and return at 7:00 p.m. on January 21st. Cost for this trip is \$175.00 pp Double, \$171.00 pp Triple, and \$245.00 pp Single Occupancy.

2009 VARIETY REVUE SHOW:

The Ellington Senior Center would like to acknowledge and thank show Director Amelia Kurpat and all her volunteers for all the hard work completed towards the production of this year's 2009 Variety Revue Show. Our Senior Center continues to be a success because of individuals like Amelia and all of our faithful volunteers. Thank you!!!!

Amelia has informed us that the proceeds from the 2009 Variety Revue Show will also include DVD/VHS tapes that will be on sale at the Ellington Senior Center. Be on the look-out for them at the Senior Center and our Holiday Bazaar on 11-7-09.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

VOLUNTEER'S MEETING: Thursday, November 12, 2009 (3:00 p.m.)

WINTER FEST - Winter Fest begins on Friday, December 4, 2009 (7pm) where our own Ellington Singers will begin the Holiday Season with their choral offerings. Come and experience the joy the holiday season brings. All are welcome! Bring a friend! Winter Fest will then continue on Saturday, December 5, 2009 (4pm) at the gazebo on the Town Green. Following the gazebo celebration, be sure to come back to the Ellington Senior Center as the Ellington Women's Club will offer hot cocoa and homemade goodies for all to enjoy!

A note from Jean: Please remember to scan your "My Senior Center" card in when you arrive. This allows us to know that you have been here. More importantly these numbers are being used to report many of the reasons why we need a new and bigger Senior Center. Thank you!!

HAPPY THANKSGIVING!